

Viewpoint

STREET TALK

Name a woman who has had historic impact and why.



Sgt. Steven Gould
 2nd Squadron, 14th Cavalry Regiment

Betsy Ross, "She designed the flag."



Staff Sgt. Jeremy Keilman
 81st Armor Brigade



Spc Khepra Ptah
 81st Armor Brigade

Corazon Aquino, "First woman president of the Philippines."



Sgt. Raymond Tantiongco
 22nd Personnel Services Battalion



Donna Williams
 Military spouse

Harriet Tubman, "Came up with six feet ahead, or six feet under."

Rosa Parks, "Led the way for civil rights."

Women: something to celebrate

By Barbara L. Sellers
 Northwest Guardian

Gone are the days when most women became stay-at-home moms. Today's women are doing things I never imagined they would have the opportunity to do. Since the first women's suffrage law passed in 1869 in the territory of Wyoming, women have been making steady progress to address problems and earn equal rights. What some people may not realize is that many of these changes have only taken place over the last three decades. For example, when I was pregnant with my first child in 1970-1971 pregnant women were only allowed to work up to their third month of pregnancy. I knew several women who tried to disguise their pregnancies by wearing girdles or loose-fitting clothing, and some women had abortions because they couldn't afford to lose their jobs. Because I was a valuable employee and needed the money to buy baby clothes, I was granted special permission to work up to my seventh month of pregnancy before I was forced to quit my job. To me, that was progress! My second son was born in 1976, and to get around the employment discrimination, I started my own licensed childcare business in my home. Two years later, in 1978, the Pregnancy Discrimination Act passed that put an end to employment discrimination against pregnant women. Throughout Women's History Month each March, people celebrate these and

other significant accomplishments that women have made, but many changes I've experienced were never recorded in history books. When I attended elementary school in Minnesota, all girls were required to come to school in dresses and skirts only. In the dead of winter, with below zero temperatures, going outside with bare legs was totally unrealistic. To prevent from freezing, girls wore blue jeans or snow pants underneath their dresses, but after arriving at school, they had to take them off and keep them in school lockers. By the time I reached sixth grade, girls were finally allowed to wear slacks or blue jeans to school, but when I was in seventh grade, another battle began. Fashion came out with a very popular, but controversial, piece of clothing for girls called stretch pants. Some parents absolutely forbade their daughters to wear such form-fitting clothing and some school officials banned them in dress codes. However, some of the more liberal-minded parents fought for child's right to wear them. Eventually, they were allowed, but stretch pants quickly faded from the scene. Although I attended classes in the same school building from first grade through my senior year, the school was divided into three sections — elementary from first through grade six, middle school for seventh and eighth grades and high school from ninth through grade 12. Beginning in seventh grade, students were offered some elective classes, with some restrictions. Home economics classes to learn cooking and sewing were restricted to girls only, and industrial

arts classes to learn how to work with metal and make wood furniture were restricted to boys only. I will never forget the shocked look on the guidance counselor's face when I asked if I could take industrial arts instead of home economics. I saw no point in learning to cook and sew when I already knew how, and the machines I saw when passing the woodshop looked so much more interesting. No such luck. Any girl allowed to handle power tools would surely cut off her limbs — case closed. What some people don't realize is that as women gained more rights, so did men. When girls were finally allowed to take classes like woodshop, boys were allowed to take home economics. Now many men are mighty proud they can cook even better than their wives — just ask them! On the other hand, they may admit that women are still better at cleaning up the mess. So while life-altering laws were being passed in courtrooms throughout the United States, many changes on a smaller scale took place as well. Today's girls may take these changes for granted, but for women in my age group, we can only look back and wonder what it would have been like if we had some of the same opportunities. During "Women's History Month" let's celebrate how far women have come, and encourage young women to continue stretching themselves to do all they can do and become all they can be. Gender discrimination should never stop anyone from believing in achieving. So set your goals high and go for it girls ... you rock!

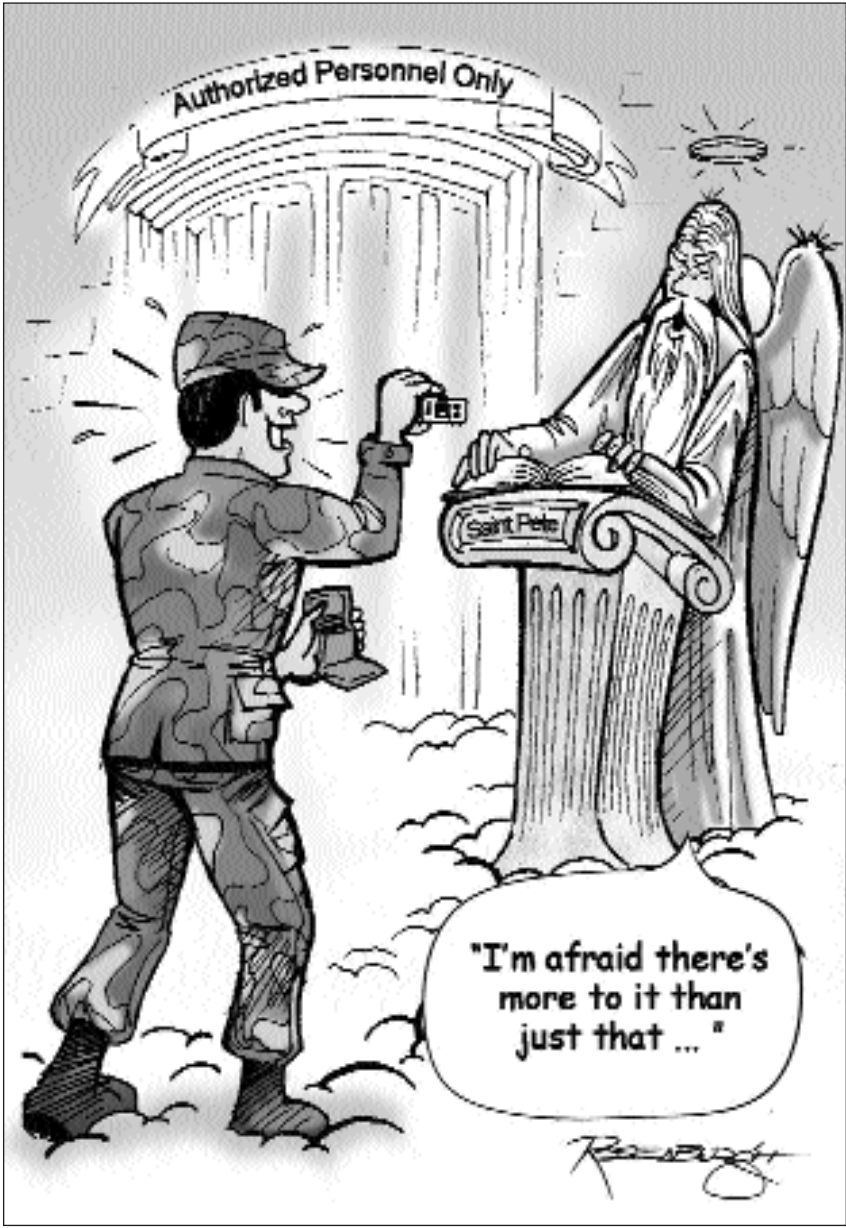
Emotions get the best of us during times of separation

Chaplain (Lt. Col.) Michael C. Metcalf,
 Deputy Installation Chaplain

It goes without saying that world events and increased OPTEMPO is the cause for more and more times of separation for military families. Elements of the 555th Combat Engineer Group, the 1st Military Police Brigade, and other elements of 1st Corps and Fort Lewis have been deployed for some time now. One Stryker Brigade is overseas and another is preparing for deployment. Hundreds of reserve component Soldiers, like myself, are mobilized and many of us are serving away from our families.

CHAPLAIN'S CORNER

I have been asked by several of the units that I serve to present briefings on the emotions experienced during such times of separation and reunion, and briefly, I will share some of these in this article. One emotion that is nearly universally experienced during these times of separation is fear. Family members fear for the safety of their loved ones. They also fear that their loved ones will return to them different, changed. The deploying Soldiers also experience fear. They may fear for their own safety, but mostly they fear that they will fail to meet the standard, that they will let their unit or their buddies down. Another emotion that both Soldiers and the families will experience is loneliness, missing their loved ones. The best way to deal with this is through communication. Letters and cards go a long way toward lifting the spirits of both the deployed and those who have been left behind. Any deployed Soldier can testify to the elation, the emotional uplifting, of hearing their name shouted out at mail call, or returning from a mission to find a piece of mail from home laying on their bunk. And with today's technology, morale calls and e-mails go a long way toward keeping the lines of communication open, and the levels of loneliness under control. A third emotion that often is not talked about is anger. Anger can be experienced by anybody and everybody involved in a deployment or training exercise away from home. Family members may become angry with the Army for taking their loved one away again. Unfortunately, that anger is often times inappropriately directed at the closest representative of the "big green machine" — their spouse or parent who is in the military. The Soldier may also become angry with the Army, or with the enemy, or everyone involved may become angry with God. "Why has God allowed this to happen (again)?" Even if we don't talk about it often, anger is a normal emotion at times like these. Fortunately, support is available to deal with all the emotions brought on by mission-related separations. Each unit at Fort Lewis has a family readiness group. Army Community Services, the Family Resource Center, the Army Family Team Building staff, the Family Life Center, and of course, the chaplains of the unit ministry team, are all available to assist and support both Soldiers and families in the emotional process.



CHAPEL SERVICES

Catholic masses
Weekdays (except Tuesdays and DONSA's), 11:50 a.m. — Main Post Chapel, Building 2001, 967-4849
Weekdays, 11:45 a.m. — Madigan Chapel, MAMC, 968-1120
Saturdays, 4:30 p.m. — Madigan Chapel, MAMC
Saturdays, 5 p.m. — 555th Dining Facility, North Fort Lewis, Building P12638
Sundays, 8 a.m. — Main Post Chapel
Sundays, 9 a.m. — Madigan Chapel
Sundays, 11 a.m. — Main Post Chapel
Sundays, 12:45 p.m. — Evergreen Chapel, Building 3238, 967-7186

Islamic services
Fridays, 1 p.m. — Prayer gathering, Islamic Chapel, Building 3725 (summer only)
Fridays, noon — Prayer gathering, Islamic Chapel, (winter only)

Jewish services
1st, 3rd and 5th Fridays, 7 p.m. — Chapel 5, Building 2270, 967-6590

Liturgical services
Sundays, 9 a.m. — Soldiers Chapel, Building 3799, 967-7151

Protestant services
Sundays, 9:30 a.m. — Main Post Chapel
Sundays, 9:30 a.m. — Four Chaplains Memorial Chapel, Building 9120
Sundays, 10:30 a.m. — Madigan Chapel
Sundays, 10:30 a.m. — Evergreen Chapel
Sundays, 11:15 a.m. — Four Chaplains
Sundays, 11:30 a.m. — 555th DFAC

Wiccan
Saturdays, 6 p.m. — Building 6195

For overall information, call CH (Ret.) Bob Gillem at 964-0363.

THIS WEEK IN HISTORY

MAR. 12	MAR. 13	MAR. 14	MAR. 15	MAR. 16	MAR. 17	MAR. 18
1864: Ulysses S. Grant is promoted to lieutenant general and becomes general in chief of the U.S. Army.	1942: The K-9 Corps is established in the U.S. Army.	1951: 1st Corps Soldiers capture Seoul, Korea, from the Chinese Communist forces.	1916: Gen. John J. Pershing's expedition crosses into Mexico in pursuit of the Mexican bandit Pancho Villa.	1802: The United States Military Academy is founded at West Point, N.Y.	1863: The Union troops of the Irish Brigade celebrate St. Patrick's Day with great fanfare.	1818: Congress authorizes life pensions of \$20 per month for officers and \$8 for privates who served in the American Revolution.

ARTILLERY SALUTE



An artillery battery fires a salute as Charles Lindberg flies overhead in "the Spirit of St. Louis" in 1927. Lindberg made the first non-stop trans-Atlantic flight in the plane earlier that year.

Courtesy of the Fort Lewis Museum

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